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Study Skills in Bachelor Students in the School of Public Health, Yazd, 2006

Seyyed Mohammad Hossein Hosseini¹, Mohammad Hosein Ahmadi², Masume Abbasi Shavazi³,
Shahin Eslami Farsani⁴*

1. B.Sc. in Public Health, Health Behavior and Health Promotion Research Center, School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran

2. M.Sc. in Biostatistics, Instructor of Statistics and Epidemiology Dept., School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran

3. M.Sc. in Health Education, Expert in Family Health, Health Center of Meybod, Shahid Sadoughi University of Medical Sciences, Yazd, Iran

4. M.Sc. Student of Social Science Research, School of Human Sciences, Ashtian Azad Islamic University, Ashtian, Iran

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Background & Objective: One of the most important factors which prevent students from achieving their attempts' desirable result is lack of study skills. Study skills are effective on decreasing tiredness and anxiety, saving time and increasing students' motivation, leading to better learning and educational improvement. This study was conducted to evaluate the students' study skills and to determine educational priorities in order to hold improving study skills classes.

Methods: In this descriptive study, all bachelor students in Yazd school of public health (240 students) participated. Data was collected using a valid and reliable questionnaire. 192 questionnaires were completed and returned.

Results: According to our findings, the mean (\pm SD) score of all 30 study skills was 20.1(\pm 4.2). The highest mean score (\pm SD) which was 5.1(\pm 1.2) belonged to taking class notes; while the lowest mean score which was 2.6(\pm 1.3) belonged to time management. Most of the students' study skills were of moderate level (54.7 %) and 30.7% were weak whereas only 30.7% were considered good. The mean daily studying duration was 2.5 hours. There was no significant statistical relationship between study skills and age, sex, field of study, semester, doing morning or evening courses, daily studying duration, and Grade Point Average of the previous term.

Conclusion: As only 30.7% of all students were considered good regarding study skills, it is suggested to hold organized and continuous educational courses to improve study skills. Defined factors in this study are time management, taking exam, concentration, reading and taking notes, in order of priority.

Key words: Study skill, Student, School of public health

*Correspondence: Health Behavior and Health Promotion Research Center, School of Public Health, Daneshjui Blvd., Yazd, Iran
Tel: 09132819811 Fax: 03516238555 Email: shaghavegh0085@yahoo.com.au